



## Yoga

- > It is customary to start with your **right leg**
- > **Hold your device** in your hand or on floor, depending on the posture
- > **Gently** ease yourself into position
- > **Do not force** your body into a posture or go beyond your limit

Breaths are recommended for each posture. It is customary to perform movement on the right side first, then switch to the left.

Gently ease yourself into position and do not force your body into a posture or go beyond your limit.

Yoga contains three progressive levels of hatha yoga flows designed by, and featuring, Yoga instructor Kristin McGee.

It contains traditional flows like the Sun Salutation and Warrior Sequences along with some more advanced flows intertwined with a number of individual poses.

The yoga images, video and audio will coach you through the flows in an order and intensity that is designed to help you develop a strong, toned & agile body as well as increase your body awareness.

Breaths are indicated for each pose.

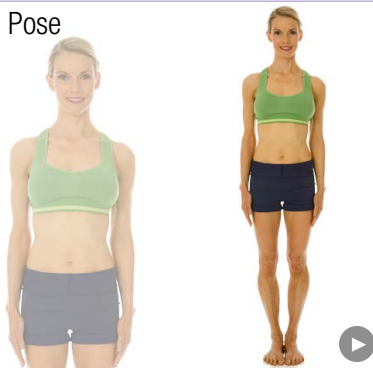
Yoga is a powerful mind & body strengthening tool. The postures (asanas) help to align the body, promoting a sense of unity and balance.

Through practice, a strong and agile body, reduced stress levels and stillness of the mind can be obtained.

# Start Flow

## Mountain Pose

Yoga



- Stand upright looking straight forward with your hands by your sides and your feet firmly planted.
- Lift your abdomen in and upwards, keeping your weight evenly balanced on your feet.
- Hold for 1 breath.

#	REPS	WEIGHT	TIME	NOTES
1				1 breath

## Reach Up

Yoga



- Raise your hands together above your head and look straight up.
- Keep your shoulders from lifting and your ribs from jutting out.
- Hug your elbows towards the midline.
- Hold for 1 breath.

#	REPS	WEIGHT	TIME	NOTES
1				1 breath

## Forward Bend

Yoga



- From an upright position bend forward at the hips keeping your legs as straight as possible.
- Lower your torso down to rest your head on your shins, lengthening your spine.
- Place your hands flat on the floor beside your feet.
- Hold for 3 breaths.

#	REPS	WEIGHT	TIME	NOTES
1				3 breaths



- Step back dropping your left knee and top of your foot to the floor.
- Bend the right knee, keeping your hips level and raise your arms straight above your head, bringing your palms together.
- Slightly arch your back and look up at your fingers.
- Hold for 1 breath.

#	REPS	WEIGHT	TIME	NOTES
1				1 breath



- Step the other leg back and lower your body towards the floor until your shoulders are directly over your hands, arms straight.
- Your body should be completely straight from heels to head.
- Look down at the floor, keeping your head in line with your spine.
- Hold for 1 breath.

#	REPS	WEIGHT	TIME	NOTES
1				1 breath



- From Plank position lower your knees then chest then chin to the floor.
- Make sure your elbows bend straight back not to the sides.
- Keep a slight arch in your lower back and your abdomen held in.
- Hold for 1 breath.

#	REPS	WEIGHT	TIME	NOTES
1				1 breath



- From the Knees Chest Chin pose slide forward on to your belly.
- Point your toes with the tops of your feet on the mat.
- Pull your shoulders back, opening your chest and gaze down the tip of your nose.
- Hold for 1 breath.

#	REPS	WEIGHT	TIME	NOTES
1				1 breath



- Push back with your hands and raise your hips high into the air.
- Straighten your legs and lengthen your heels towards the floor.
- Lengthen your spine and look towards your navel.
- Your hands should be in front of your shoulders with your fingers spread.
- Hold for 3 breaths.

#	REPS	WEIGHT	TIME	NOTES
1				3 breaths



- Step back dropping your right knee and top of your foot to the floor.
- Bend the left knee, keeping your hips level and raise your arms straight above your head, bringing your palms together.
- Slightly arch your back and look up at your fingers.
- Hold for 1 breath.

#	REPS	WEIGHT	TIME	NOTES
1				1 breath



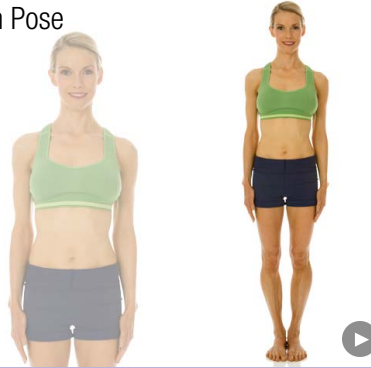
## Reach Up Yoga



- Raise your hands together above your head and look straight up.
- Keep your shoulders from lifting and your ribs from jutting out.
- Hug your elbows towards the midline.
- Hold for 1 breath.

#	REPS	WEIGHT	TIME	NOTES
1				1 breath

## Mountain Pose Yoga

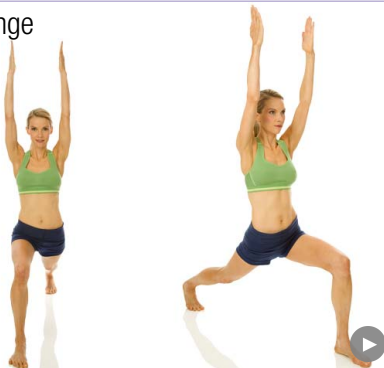


- Stand upright looking straight forward with your hands by your sides and your feet firmly planted.
- Lift your abdomen in and upwards, keeping your weight evenly balanced on your feet.
- Hold for 1 breath.

#	REPS	WEIGHT	TIME	NOTES
1				1 breath

# End Flow

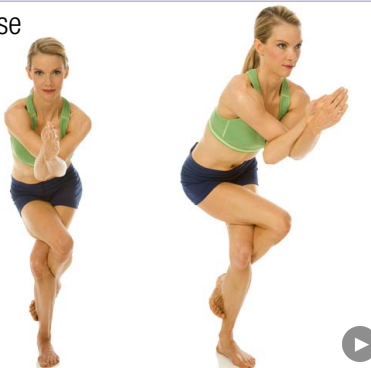
## High Lunge Yoga



- Step backwards straightening your back leg.
- Bend your front knee and press firmly through the heel, keeping your hips level.
- Raise your arms straight overhead and look straight forward, keeping the front knee directly over the ankle.
- Perform on one side, holding for 3 breaths, then switch to the other side.

#	REPS	WEIGHT	TIME	NOTES
1				5 breaths

## Eagle Pose Yoga



- Step back to upright, slightly bend your knees and lift your right foot crossing your right thigh over your left leg and hooking your foot behind the calf.
- Wrap your right arm on top of your left, bending your elbows and raising your forearms straight up.
- The backs of your hands should be touching.
- Perform on one side, holding for 3 breaths, then switch to the other side.

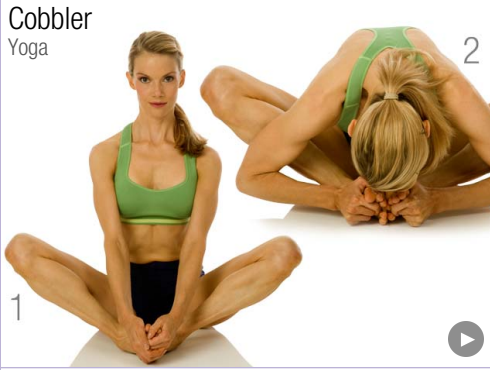
#	REPS	WEIGHT	TIME	NOTES
1				3 breaths per side

## Forward Bend Yoga



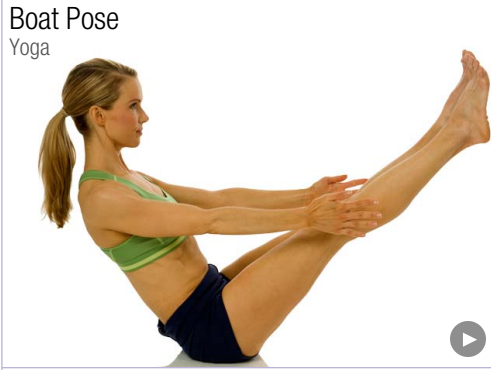
- From an upright position bend forward at the hips keeping your legs as straight as possible.
- Lower your torso down to rest your head on your shins, lengthening your spine.
- Place your hands flat on the floor beside your feet.
- Hold for 3 breaths.

#	REPS	WEIGHT	TIME	NOTES
1				3 breaths



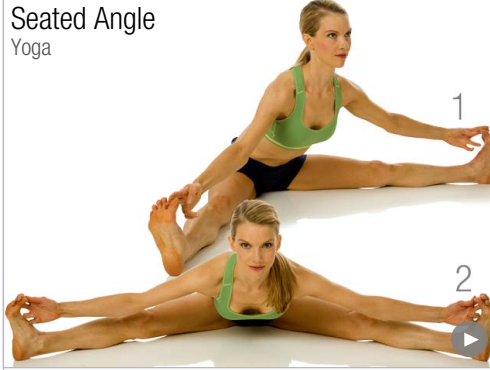
- Sit with your legs straight out in front.
- Bend your knees and pull your heels towards your pelvis.
- Lower your knees out to the sides and bring the soles of your feet together.
- Bend forward from the hips and lower your head to your feet.
- Hold for 3 breaths.

#	REPS	WEIGHT	TIME	NOTES
1				3 breaths



- Straighten your legs back out in front and your arms by your sides.
- Bend your knees and lift your feet off the floor.
- Lean back slightly and raise your legs up straight.
- Bring your arms up straight till they are parallel with the floor.
- Hold for 3 breaths.

#	REPS	WEIGHT	TIME	NOTES
1				3 breaths



- Lower your legs back to the floor and straighten them out in front.
- 1 - Slowly open you legs straight out to the sides, keeping your feet and knees pointing to the ceiling.
  - 2 - Bend forward from your hips and reach your hands towards your feet, lengthening out from your low back.
- Hold for 3 breaths.

#	REPS	WEIGHT	TIME	NOTES
1				3 breaths



- Return to lie on your back with your knees bent, feet flat and arms stretched out to the sides.
- 1 - Bring your knees into your chest then slowly lower them down to one side, placing your hand on your top knee to help ease the legs to the floor.
  - 2 - Repeat to the other side.
- Turn your head to the opposite side and look towards the fingers of your outstretched arm.
  - Perform on one side, holding for 3 breaths, then switch to the other side.

#	REPS	WEIGHT	TIME	NOTES
1				3 breaths per side



- Lay flat on your back on the floor with your legs slightly apart and your arms outstretched by your sides with palms up.
- Close your eyes and relax your breathing.
- Lay in this position for as long as you like.

#	REPS	WEIGHT	TIME	NOTES
1	0			